

FFL THREE WEEK MENU

SPRING/SUMMER 2022



Chartwells
So much more than Fantastic Food

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 09/05, 30/05, 20/06, 11/07

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Dish

Cheese and Tomato Pizza 
Cheesy tomato topped pizza slice

Allegra BBQ Chicken Burger Corn and Pineapple Relish
BBQ chicken breast burger with zingy corn relish


Roast Chicken with Roast Potatoes and Gravy
Succulent roast chicken with fluffy roasties and tasty gravy

Beef Bolognese 
A classic Italian beef Bolognese in a yummy tomato sauce


Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips


Alternative Dish

Macaroni Cheese 
Cheesy macaroni pasta


Allegra Broccoli and Cauliflower Cheese Pie 
Cheesy broccoli and cauliflower with a shortcrust topping


Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy 
A chunky sweet potato and chickpea roast


Butternut Squash and Tomato Bake with Rice 
A delicious butternut squash and tomato bake served with rice


Quorn Dippers and Chips 
Crispy Quorn nuggets with their fave sauce – ketchup


Salads

A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad 


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Jacket Potato

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with a choice of fillings 

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Pasta

Tomato Pasta
A delicious fresh, homemade tomato sauce with penne pasta

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Vegetables

Green Beans and Sweetcorn

Peas and Fresh Broccoli

Carrots and Cabbage

Fresh Broccoli and Sweetcorn

Baked Beans, Peas and Carrots


Desserts

Raspberry Ripple Ice-Cream With Fruit Slices 

Secret Brownie with Fruit Slices 

Shortbread Biscuit with Fruit Slices 






Berry and Peach Oaty Crumble with Custard 

Orange, Sultana and Carrot Slice 

SPRING/SUMMER 2022

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD,
YOGHURT & FRESH FRUIT

 **Vegetarian**  **Oily fish**  **Wholegrain**  **Fruity!**  **Nutritionist's Choice**

WEEK 2 MENU

W/C: 25/04, 16/05, 06/06, 27/06, 18/07



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Dish

Veggie Burrito 🌱🌾❤️

A soft wrap filled with lightly spiced veggies and rice

Allegra Asian Sticky Noodles

Chicken and vegetables in sweet sauce with noodles

Roast Turkey with Roast Potatoes and Gravy

Succulent roast turkey with fluffy roasties and tasty gravy

Beef Bolognese 🍷

A classic Italian beef Bolognese in a yummy tomato sauce

Golden Fish Fingers and Chips

Crispy fish fingers and scrummy chips

Alternative Dish

Cheese and Tomato Pizza 🌱

Cheesy tomato topped pizza slice

Allegra's BBQ Beans 🍷

Tasty BBQ beans served with cornbread

Creamy Vegetable Pie 🌱

Creamy vegetable pie with a cheesy shortcrust topper

Mild Chickpea and Potato Curry

Served with wholemeal rice 🌱❤️🌾

The Incredible Burger with Chips

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Vegetables

Fresh Carrot and Peas

Peas and Broccoli

Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans, Peas and Carrots

Desserts

Flapjack with Fruit Slices 🍏

Peach Shortbread Pudding and Custard 🍏

Raspberry Yoghurt Cake

Fruity Chocolate Brownie with Fruit Slices

Vanilla Ice-Cream With Fruit Slices

SPRING/SUMMER 2022

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

🌱 Vegetarian 🐟 Oily fish 🌾 Wholegrain 🍏 Fruity! ❤️ Nutritionist's Choice

WEEK 3 MENU

W/C: 02/05, 23/05, 13/06, 04/07



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza
Cheesy tomato topped pizza slice

Allegra Chilli Con Chicken and Sweet Potato Bake
Baked wedges of sweet potato, topped with tomato chicken and tortilla crunchies

Roast Pork with Roast Potatoes and Gravy
Succulent roast pork with fluffy roasties and tasty gravy

Beef Burrito
A soft wrap filled with fresh beef and rice

Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips

Alternative Dish

Veggie Sausage and Mash with Gravy
Fluffy mash with veggie sausages and rich gravy

Macaroni Cheese
Cheesy Macaroni Pasta

Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy
A chunky butternut squash and potato slice

Veggie Lasagne
served with a bread wedge
Delicious sheets of pasta layered with veggies and tomato sauce

Soft Taco and Chips
A soft taco shell filled with a yummy veggie tomato chilli

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Vegetables

Peas and Carrots

Sweetcorn and Broccoli

Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans, Peas and Carrots

Desserts

Oatie Biscuit with Fruit Slices

Apple and Carrot Yoghurt Muffin

Strawberry Ice Cream with Fruit Slices

Chocolate Sponge Cake with Fruit Slices

Banana and Apricot Flapjack

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